

## **ARCHERY RANGE RULES:**

1. Know and obey all range commands. (listed below)
2. Keep your arrows in your quiver until you are told to shoot.
3. Only use the arrows the instructor gave you. Remember what they look like.
4. Always keep your arrows pointed down or towards the target.
5. If you drop an arrow, leave it on the ground. Raise your hand and the instructor will bring you another arrow.
6. Always walk at the archery range.
7. Always be absolutely sure that the path to the target and beyond is clear.
8. Only release the bow string at full draw when there is an arrow on the string.
9. Secure all loose clothing.
10. Always treat your archery equipment with respect.
11. Always treat your fellow archers with respect.

## **WHISTLE COMMANDS:**

One Blast- "Shoot"  
Two Blasts- "Get Bows"  
Three Blasts- "Go get Arrows"  
Five or more Blasts- "STOP SHOOTING"

## **ARCHERY RANGE PROCEDURES:**

Stand behind the waiting line until you hear 2 whistles. Archer's can pick up their bows from the rack and walk to the shooting line.

Place your bow on your toes. Keep your arrows in your quiver until you hear the 1 whistle blast to begin shooting.

After you have shot all your arrows, step back from the shooting line, set your bow on the rack, and wait behind the waiting line.

Once everyone is done shooting and all archers are completely behind the waiting line, the instructor will blow the whistle 3 times to walk forward to the target line. One archer at a time per target will then pull arrows.

## **IMPORTANT TERMS TO KNOW:**

Let Down- returning from full draw to the undrawn position with control and not releasing the string.

Draw- to pull the bow string back.

Anchor- consistent placement of the drawing hand to a position on the face, mouth, or jaw.

End- a set number of arrows that are shot before going to the target to score and retrieve them.

Follow through- maintaining the motion of the upper body muscles after releasing the string.

## **11 Steps to Archery Success:**

1. STANCE- Open foot position
2. NOCK- Nock arrow onto string
3. DRAWING HAND SET- Hook the bow string in the archer's groove
4. BOW HAND SET- Center the bow's grip under the lifeline of the relaxed bow hand
5. PRE-DRAW- Raise the bow arm and drawing arm to eye level
6. DRAW- Pull the string to the side of the face
7. ANCHOR- index finger at the corner of the mouth
8. AIM- Align the string, riser, arrow rest, and/or arrow point on the target
9. SHOT SET-UP- Begin a slight rearward movement of the drawing shoulder, arm, and elbow.  
Initiate release anytime during the movement
10. RELEASE- relax the hooked fingers and the back of the drawing hand all at once
11. FOLLOW THROUGH- the drawing hand thumb touches or is near the shoulder.